



Kathy Jordan,
MS, RDN, CPT

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the
Living Well
Eating Smart
Team help!

If you are
interested to
learn more about how
Kathy Jordan can help
you and your family,
contact her directly at:

KathyJordanMSRD
@gmail.com
(508) 272-2417



Store Tour



Event Table



Cooking Demo



Support Group

Nutrition Events at Big Y®

Kathy Jordan is a registered dietitian available in a handful of Big Y locations in Eastern Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

EASTERN MASSACHUSETTS SCHEDULE

APRIL 2018

April 3

Allergy Awareness

1:00 – 3:00 PM

Quincy Big Y

475 Hancock Street

Eating with a food allergy doesn't have to be boring. Come taste delicious snacks made specifically for those with food allergies.



April 6

National Fresh Tomato Day

11:30 AM – 1:30 PM

Franklin Big Y

348 East Central Street

Tomatoes are nutritional powerhouses. Come learn how to choose and prepare tomatoes for maximum enjoyment and health.



April 9

Allergy Awareness

3:15 – 5:15 PM

Walpole Big Y

1111 Providence
Highway

Eating with a food allergy doesn't have to be boring. Come taste delicious snacks made specifically for those with food allergies.



April 10

Meet & Greet: Ask the Dietitian

11:00 AM – 12:00 PM

Milford Big Y

7 Medway Road

Have your nutrition questions answered by an expert for FREE. From diabetes to food allergies, we have you covered.



April 10

Meet & Greet: Ask the Dietitian

1:30 – 2:30 PM

Milford Big Y

7 Medway Road

Have your nutrition questions answered by an expert for FREE. From diabetes to food allergies, we have you covered.



April 12

Great Grilled Cheese

3:00 – 5:00 PM

Norwood Big Y

434 Walpole Street

Celebrate Grilled Cheese Sandwich Day! Stop by our table to have a bite and sample new twists on an old favorite.



April 17

Allergy Awareness

11:15 AM – 1:00 PM

Kingston Big Y

182 Summer Street

Eating with a food allergy doesn't have to be boring. Come taste delicious snacks made specifically for those with food allergies.



April 17

Allergy Awareness

1:45 – 3:30 PM

Norwell Big Y

10 Washington Street

Eating with a food allergy doesn't have to be boring. Come taste delicious snacks made specifically for those with food allergies.



April 27

Eat for Health

1:30 – 2:45 PM

Norwell Big Y

10 Washington Street

Walk the aisles of Big Y and learn how vegetables, fruits, whole grains, lowfat dairy and lean protein foods contain the nutrients you need to achieve optimal health.



Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.